

## *Examination of Conscience for Children Doing Reconciliation*

### *Responsibilities to God:*

- Have I prayed every day?
- Have I prayed my morning prayers and night prayers?
- Have I prayed with my parents and family?
- Have I been moody and rebellious about praying and going to church on Sunday?
- Have I asked the Holy Spirit to help me whenever I have been tempted to sin?
- Have I asked the Holy Spirit to help me do what is right?

### *Responsibilities to Others:*

- Have I been obedient and respectful to my parents?
- Have I lied or been deceitful to them or to others?
- Have I been arrogant, stubborn or rebellious?
- Have I talked back to parents, teachers or other adults?
- Have I pouted and been moody?
- Have I been selfish toward my parents, brothers, and sisters, teachers, or my friends and schoolmates?
- Have I gotten angry at them? Have I hit anyone?
- Have I held grudges or not forgiven others?
- Have I treated other children with respect or have I made fun of them and called them names?
- Have I used bad language?
- Have I stolen anything? Have I returned it?
- Have I performed my responsibilities, such as homework and household chores?
- Have I been helpful and affectionate toward my family?
- Have I been kind and generous with my friends?

## *Format For The Celebration Of Reconciliation*

*The priest will greet the child. The child will sit on a chair facing the priest as the parents wait at the front pews.*

1. Begin with the sign of the cross:

**CHILD:** *"In the name of the Father, and of the Son, and of the Holy Spirit."*

2. Then say:

**CHILD:** *"Bless me Father for I have sinned, my last confession was \_\_\_\_\_.  
These are my sins."*

Then tell the priest your sins.

3. Once finished confessing your sins say:

**CHILD:** *"For these and all my sins, I am sorry."*

4. The priest will give you a few words of advice, and then he will give you your penance.

*The priest may ask questions or give the child some pastoral advice and will assign a penance (one or more of the prayers in this package) for them to say after the confession is finished. The priest will then ask the child to say the Act of Contrition.*

5. Say the **Act of Contrition** (if you cannot remember it, the priest will help guide you and will have a printed copy available to read if needed.)

6. The Priest will pray the prayer of God's forgiveness. Make the sign of the cross as the priest says, "I ABSOLVE YOU OF YOUR SINS, IN THE NAME OF THE FATHER AND OF THE SON AND OF THE HOLY SPIRIT."

7. Say *"Amen"*

The priest then says: YOUR SINS ARE FORGIVEN... GO IN PEACE.

8. Say *"Thank you, Father."*

## *Act of Contrition*

O, my God,  
I am sorry for having sinned.  
I love you with all my heart.  
With your help,  
I will try not to sin again.  
Amen.

## *Prayers for Penance*

### *Our Father*

Our Father, who are in heaven,  
Hallowed be Thy name;  
Thy kingdom come; Thy will be  
done  
on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass  
against us.  
and lead us not into temptation,  
but deliver us from evil.  
Amen.

### *Hail Mary*

Hail Mary, full of grace.  
The Lord is with thee.  
Blessed art thou among women,  
and blessed is the fruit of thy womb,  
Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death.  
Amen.

### *Glory Be*

Glory be to the Father,  
and to the Son,  
and to the Holy Spirit.  
As it was in the beginning,  
is now, and ever shall be,  
world without end.  
Amen.

